**Before you see the doctor**

**Answer the following questions the doctor will ask you to prepare for your visit with the doctor. If you are a family member or advocate, answer on the patient’s behalf.**

## **Why are you here today?**

## **What has changed in how you are feeling?**

* When did it start?
* How does it affect you?
* If you have pain, describe where it is, what it feels like, and how severe it is.
* What makes you feel better or worse?
* Have you had any medical attention for these symptoms before?
  + Clinic or emergency department visits?
  + Tests such as x-rays or blood work?
  + Treatments?

## **What are you most worried about?**

**With the doctor**

**If this is the first visit with the doctor:**

## **Be prepared to review and discuss your notes from the *Before you see the doctor section*.**

## **Ask: What do you think is causing my symptoms?**

## **When the health care provider gives you a diagnosis, ask:**

## **Why do you think this is my diagnosis?**

## **What else could it be?**

## **What are the next steps?**

## **What kind of response to treatment should I expect?**

## **What should I watch for until I see you again?**

## **When do I need to follow up?**

## **What are the next steps if I don’t get better?**

## **If your health care provider didn’t give you a diagnosis, ask:**

## **What are the next steps?**